

Try a Virtual Visit!

Feeling sick?



- You can see a doctor without going to a clinic with **virtual visits**.
- **Virtual visits** are a secure, hassle-free way to be seen by your doctor.
- You can have a **virtual visit** in the comfort of your own home through a phone or computer.
- Your doctor wants you to stay safe and use **virtual visits** for an appointment.

What can I use for a virtual visit?



Computer or laptop



A webcam



Smart phone



Telephone

Virtual Visits can be used for:

- Allergies, asthmas and sinus issues
- Arthritis pain
- Mental health
- Colds, bronchitis, flu, and COVID-19
- “Pink eye” and rashes
- Sore throats
- Bladder infections
- Sprains and strains
- Vomiting



A Product of



Virtual Visit Appointment Checklist

One day before:

- Track how you are feeling
- Write down your questions and what you want to get out of the appointment
- Clarify how to connect with your provider for the visit
- Test computer, laptop, or webcam

Morning of:

- Take your temperature (if needed)
- Find a quiet place to join your appointment
- Dress like you are going to an appointment